

STYLED BY ITALIAN DESIGNER IN ROME

From Battilocchi of Rome comes this daytime dress in pinhead black and white checked wool, with its wide standaway cape collar. The "dani" trim adds interest to the classical simple lines. (Photo from International Wool Secretariat)

WOMEN

Page 8, The Guardian Wed., April 11, 1956

HAPPENINGS

Community Concert Vignette. Time - Perilously near Community Concert performance in Charlotteville. Place - Moncton, New Brunswick. Characters - Miss Saramae Endrich, brilliant soprano; Mr. Carl Davis - New York accompanist; Mrs. Keith S. Rogers - Flora. Costumes - That end-of-the-journey look. Mrs. Rogers' gazung at sign-board which reads "All planes grounded, all trains gone." "This is terrible. I am going to Miss the community concert."

Two nice young people, Saramae and Carl - also reading the sign, "So are we and we are the performers". Lights! Camera! Action! Flora (shouting, not the melodious - voiced Mrs. Rogers at all) "Taxi! Taxi! To the boat."

Act 2: On the car-ferry - Just made it. Saramae - "What a lovely sea voyage." Carl - "What beautiful winter scenery. Do you get much snow here?" Mrs. Rogers (hesitatingly) "Yes - a little. Oh there's Bill. Now for a merry ride to Charlottetown."

Act 3: All's well that end's well. Saramae Endrich in glorious voice on the concert stage at the Prince of Wales College enchanting her audience - Carl Davis so very clever and Mrs. Rogers, serene and smiling. Then of course there was the happy audience and their comments: "Wasn't she charming in that white lace chantilly dress-what beautiful hands - Excellent German especially, but all languages well done - Original, meaningful, translations by Saramae herself. In 'Jeannie With the Light Brown Hair' wasn't her voice truly zephyr-like. The accompanist showed his American blood in the true interpretation of modernly arranged American traditional music. What a technique. (Exit happily to the Convention Representative, Mrs. Milton Bell.)

Mr. and Mrs. R. C. Parent, "Ravenwood" who have been on a delightful sea voyage as far as Georgetown, British Guiana, have returned by plane to Charlotteville via Montreal, while in the latter city they visited with their young friends Mr. and Mrs. Marshall Howard. On Wednesday Mr. and Mrs. Parent are expecting to have Mr. and Mrs. William N. Boller, Oak Park, Chicago visit them. These were friends Mr. and Mrs. Parent made on the voyage.

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LET'S EAT

Vegetables And Fruits In A Blue Ribbon Cake

By Ida Bailey Allen

"There's a surprise waiting upstairs in the Convention Hospitality Headquarters," said our host from the United Fresh Fruit and Vegetable Association Convention in New Orleans.

SPRING FLOWERS

Upstairs the room was decorated with spring flowers. A group of smiling officials and newspaper reporters sang "Happy Birthday," then stepped aside. And there, towering on a flower-decked table, was the most beautiful 4-tier birthday cake I ever saw. It was inscribed to me! Forty pounds of cake in all its glory, with a single candle on top, a wreath of candied baby carrots and greenery at the base.

"This represents the best wishes of the United Fresh Fruit and Vegetable Association," said our host. "The cake contains fresh carrots and orange; the icing is fresh lemon-flavored. So the cake represents both divisions of our industry."

The recipe was originated by the well-known home economist, Avanelle Day. This enlarged gala version was baked and decorated under the supervision of Charles Bizette, the head baker here at the Hotel Roosevelt.

After taste-testing, the cake was sent to New Orleans St. Elizabeth's Orphanage and happily consumed by the children.

Here is the household version. You will love the pound cake kind of texture, the fact that it keeps moist 2 weeks, freezes to perfection and has a natural refreshing flavor worthy of a blue ribbon.

Carrot-Orange Cake: Into a large mixing bowl, sift together 4 c. already-sifted cake flour, 2 1/2 c. granulated sugar, 1 1/2 tsp. salt, 4 tsp. double-acting baking powder and 1/2 tsp. baking soda.

Blend in 1 tsp. grated lemon rind and 1 tbs. grated orange rind, 1 c. shortening at room temperature, 1 1/2 c. not-waterly mashed cooked carrots and 3 eggs. Mix only to dampen ingredients. Beat 2 min. by hand or an electric beater at low speed.

Add 1 more egg and 1/4 c. water in which the carrots were cooked. Beat two minutes.

Turn into an oiled lightly floured 9 1/2" by 4 1/2" tube cake pan. Bake 1 hr. and 25 min. in a slow oven, 325 degrees F. or until a cake tester inserted near the center comes out clean. Remove from the oven. Cool 20 min.

7-Min. Lemon Frosting: In the top of a double boiler, combine 2 egg whites, 1 1/2 c. granulated sugar, 1/2 tsp. salt, 2 tbs. water and 2 tbs. fresh lemon juice.

Place over rapidly boiling water. Beat at full speed by hand or an electric beater for 7 min., or until the mixture stands in soft peaks.

Remove from the heat and boiling water. Blend in 1/4 tsp. grated lemon rind. Continue beating until stiff.

KEEP IN TRIM

Aim At Your Younger Size

By Ida Jean Kala

What makes half size dresses more matronly than regular sizes? It's the inches added through the middle spread. Designers use every trick of the trade to whittle the middle and turn substance into shadow. But no use blinking, the figure that requires the half size has piled too many pounds on the waist, abdomen and hips. In other words, half sizes are proportioned wider.

If you wear a half size, say an 18 1/2, and yearn to be able to fit into a regular size, you can by making moderate alterations in your figure. With 12 pounds off in the right places, you can slip into an 18 diminutive and you will definitely have a more youthful looking figure.

Compare the two sizes. Size 18 1/2:

the base with fresh mint and grape clusters.
Tomorrow's Dinner: Tossed spring salad bowl; braised tongue; creole sauce; flaky potatoes; carrot rounds; tapioca strawberry cream; coffee, tea or milk.
Sugared Grapes from the Chef: Brush tokay grapes with egg white. Sift granulated sugar over them and let dry.

HOUSEHOLD HINT

If you have to press work with the basting stitch in it, use silk thread as it won't mark the fabric as cotton thread does.

OLD SHAVERS

Bronze razors have been found in Egyptian tombs nearly 4,000 years old.

Bust 41; waist 33 1/2; abdomen 40 1/2; hips 42. Size 18 short: Bust 39 1/2; waist 31; abdomen 37 1/2; hips 40.

Between the two sizes there is a difference of 1 1/2 inches only through the bust measurement. The biggest difference is in the middle measurement: 2 1/2 inches in the waistline; 3 inches through the abdomen; and 2 inches around the hips.

Being short, you will always need to curb calories to control weight. The greatest favor you can do for yourself is to change to an eating pattern that will stimulate your system to burn more food and at the same time help you to change your food habits from fattening to slimming.

INCLUDE PROTEIN

To make your calories count for good nutrition, your meals should consist largely of the protective foods—lean meats, eggs, cheese, cottage cheese, skim milk or buttermilk; fresh fruits, vegetables and limited bread and butter.

To stave off hunger, include a protein food at every meal: for breakfast an egg; for lunch, lean meat or cottage cheese and skim milk; for dinner, lean meat, fish or fowl. Late afternoon have an energy pick-up such as buttermilk, hard-cooked egg, or tea and a cube of cheese.

Keep your reducing calories around 1000 daily. Make it a habit to trim all fats, avoid gravies and sauces, and have only one starch at a meal.

Exercise stimulates your body to burn more food. Take specific exercise to lose through the middle measurement. That's tomorrow's story.

MARY HAWORTH

Lad Recently Out Of Army Service Won't Take A Job

Dear Mary Haworth: I have a relative, 22, who has just completed two years in the military service. After he came home he refused advice from anyone; and he doesn't work for fear his friends may discover that he is "taking orders" from somebody.

His general outlook on life is one of boredom. He admits he has no goal in life, but says he may find one any day, any time, any place. At present he is attending night school, taking college work, but he doesn't think he will continue past June. His only recreation is sitting in the bar with his friends.

Could you possibly tell me what is wrong with this fellow? What do you think would be the best method of handling him, as he presents quite a serious problem. Sincerely, G.N.

HALF TRUTHS
Dear G.N.: Your relative sounds like a very frustrated fellow, who secretly knows that his ambitions in life exceed his abilities. Also, he is handicapped by lack of training in thinking straight and being honest with himself. He wants to be a very big shot—as a means of rising out of the circumstances into which he was born—but he can't pull himself together to make the necessary effort. So he sits and defies his folks to advise—that is, criticize—him.

In the military service, where he had to take orders, his disposition to do nothing probably became more marked. Army life is a haven for leaners of his type, who look to Uncle Sam, or the government, or the high brass, to do all the thinking, deciding and providing. In this environment, your bored relative GI Joe regresses, psychologically, to an infantile condition of eating, sleeping, going through ordained motions—and griping. Meanwhile sampling such "recreation" as appears by the wayside.

As for your Joe's theory that his pride won't let him take a civilian job, lest his friends discover he's under orders from a boss, I gather this is a half truth. His pride won't let him make a job because he isn't qualified for the jobs he'd like to hold; and he hasn't the self-respect to do the work he could do. He thinks it is "beneath" him. That is, he's ashamed to be himself before the world, simply doing the best he can, all the way—working at what he could do now, while preparing to widen his scope.

NOT APPARENT
As for how to help a fellow like Joe, one would have to know him first-hand to find the right method, if any. One would need to get acquainted with "the inner man" and discover what his assets and liabilities are, and why he is afraid to plunge into the mainstream of life and swim.

He may have a limited IQ. Or his capacity to learn and do may be obstructed by a so-called reading disability—which calls for special diagnosis and remedial teaching. Or he may have a failure complex—an ingrained aversion to taking the lead in living his life, lest he get slapped down, pushed back, overruled, etc., as by overly protective, unduly supervisory parents in early years. Maybe his family heeded the initiative out of him, long ago—and that's why he is allergic to "advice" now.

In general, boredom is a symptom of emotional maladjustment. Internal strife between conflicting impulses of personality, and profound discouragement, linked to a kind of demoralization that causes

extreme physical fatigue as well.

CHANGES OTHERS

Unconsciously Joe may be on a sitdown strike against his family's expectations of him. Maybe he could make a good showing if he chose; but he doesn't choose; in fact refuses to make the effort, because you've got his back up. Maybe you've nagged and pushed him too much; and now since his Army service, he claims to be a man, entitled to all your hand.

In my opinion, your best way to help Joe is to discuss the situation confidentially with a specialist in family relations. Learn how to be constructive in reaching Joe's mind and as you improve, Joe may

change for the better also. M.H. Mary Haworth counsels through her column, not by mail or personal interview. Write to her in care of this newspaper.

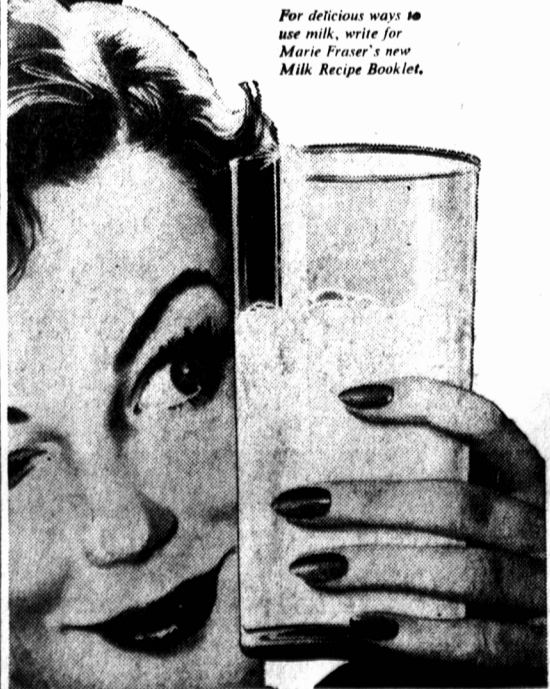
Words Of The Wise

I have three precious things which I hold fast and prize. The first is gentleness; the second is frugality; the third is humility, which keeps me from putting myself before others. Be gentle and you can be bold; be frugal and you can be liberal; avoid putting yourself before others, and you can become a leader among men. —(Lao Tzeu).

m-m-milk!

Here's your Springtime pick-up, dairy fresh, and brimming with nourishment. In every glass, you get protein for the growth and repair of body tissue; calcium, the tooth and bone builder; riboflavin and vitamin A for bright eyes and clear skin. Brighten up! Drink three glasses of milk every day.

For delicious ways to use milk, write for Marie Fraser's new Milk Recipe Booklet.



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